

Spring Cleaning Checklist

KickOutClutter.com — Print and check off as you go.

A seasonal deep-clean that refreshes air, light, and high-touch zones. Work top-to-bottom, left-to-right, and batch tasks for speed.

Supplies

- Microfiber cloths, dusting wand, vacuum with attachments
- All-purpose cleaner, glass cleaner, degreaser, bathroom cleaner
- Mop & bucket or spray mop, scrub brushes, grout brush
- Step stool/ladder, extension duster, hose/spray nozzle (outdoor)
- Replacement filters (HVAC, range hood, water/ice), baking soda

Quick Rules

- Top→bottom for every room. Dry dust first, then wet clean.
- Batch similar jobs (all windows, all vents, all filters).
- Move light furniture only; clean visible floors under heavy items.
- Open windows for ventilation; test alarms while you're at it.
- Make a small 'repair list' for anything you uncover.

1) Prep & Declutter (10–15 min)

- Collect trash/recycling; clear surfaces for easier cleaning.
- Stage a caddy: glass cleaner, AP cleaner, microfiber, duster.

2) Dust High-to-Low (30–45 min)

- Ceiling corners, crown, vents, returns, baseboards (dry first).
- Ceiling fans & light fixtures; replace burnt bulbs as needed.

3) Windows & Tracks (30–45 min)

- Remove screens; vacuum tracks; wipe frames and sills.
- Clean glass inside/out if safe; wash or vacuum window treatments.

4) Kitchen Deep Spots (45–60 min)

- Degrease hood/filters; clean stove top & oven door edges.
- Empty & wipe fridge shelves; vacuum/brush fridge coils.

- Wipe cabinets hardware/edges; sanitize handles/switches.

5) Bathrooms Detail (30–45 min)

- Descale showerhead/faucets; scrub grout lines & caulk edges.
- Wash/replace liners & mats; wipe fan cover and test it.

6) Bedrooms & Bedding (30–45 min)

- Wash pillows/duvets per care tags; rotate/flip mattress.
- Vacuum mattress & under bed; reset nightstands minimal.

7) Living Areas & Dust Catchers (30–40 min)

- Dust bookshelves top edges; media console vents; TV back.
- Wipe remotes, game controllers, door handles, switches.

8) Floors & Baseboards (30–45 min)

- Detail vacuum edges & under furniture using crevice tool.
- Damp-mop hard floors; spot clean rugs; sun-fresh small rugs.

9) Safety & Filters (20–30 min)

- Replace HVAC, range-hood, and fridge water filters as needed.
- Test smoke/CO alarms; check extinguisher pressure; reset clocks.

10) Porch/Entry & Exterior Touches (20–30 min)

- Sweep porch, shake mats; clean exterior glass near entry.
- Hose or wipe patio furniture; clear cobwebs around doors/lights.